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Winona State receives arts assessment grant



The Roman busts in Somsen Hall are part of a larger collection donated by the Watkins family.

Michael Ruka/Winonan

Erin Seaberg
Winonan

Winona State University campus received a Minnesota Historical and Cultural grant to assess, restore and preserve the Watkins art collection last month.

The grant, which totaled \$6,186, was made possible by the Minnesota Historical Society.

The Watkins art collection was donated to the Winona State Teachers' College in the late 1920s. The Watkins family, who are also the creators of

the popular J.R. Watkins line of household items, made the donation. The Watkins collection at Winona State is made up of many types of art including marble sculptures, etchings, and paintings.

These works of art have been on display for decades

in various locations around campus. The Winona State community is able to view these items up close, as they are displayed in many of the academic buildings.

Kati Ducklow, a Winona State graduate, said, "I love the art displayed at Winona State,

it adds to the overall beauty of the campus. When I first toured Winona State, one of my favorite things about campus

See WATKINS, pg. 2

Inside:

News

Smoothie and Juice bar to open in the Wellness Complex



Arts

Top ten things to look forward to for Valentine's Day singles



Sports

Warrior gymnastics beats Oshkosh in last home meet



WATKINS

continued from pg. 1

was how beautiful everything is, both outside and inside buildings.”

The planning for the grant was a lengthy process and has been in the works for many months. Winona State’s arts administrator, Kathleen Peterson, wrote the grant, which was due in October.

Peterson is also the chair for the WSU Art Collection committee, which was put together by President Ramaley a few years ago. This committee is made up of faculty and helps to get projects, such as this,

underway.

Peterson said, “I hope that by working to restore and preserve this collection we will help people to realize that this art is an important part of our heritage. It is important to recognize this part of our history as a school and community.”

The work on the Watkins collection will begin with a two-day visit by the Midwest Art Conservation Center. During this visit a survey of the collection will be completed.

After the initial survey is

completed, an official report will be made. This report will include a summary of the survey findings, photographs and suggestions as to how care of this collection can be improved and sustained. This report will help MCAA and the Art Collection Committee prioritize which pieces need attention.

“One thing we would like to see come out of this process is more mindful care for the collections on campus. Many donors have made these pieces possible and we want to honor

the art and their gifts”, said Peterson.

Following the survey and report, a conservator from the MCAA will hold a meeting with the Art Collection Committee. During this meeting they will discuss a care and preservation plan that can be put into place long term.

Additional grants to restore the Watkins collection and other art on campus may be applied for in the future. If an additional grant were needed for the Watkins collection it would be to display the art in

quality storage.

Winona State was among 46 organizations to receive the grant this year. This grant is awarded to help preserve the state of Minnesota’s heritage. It also helps to make these historical sites and artifacts available for viewing and learning purposes.

Contact Erin at
ESeaberg06@winona.edu

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BWastart09@winona.edu to get started.

Student enrollment increases despite higher education budget cuts

Jouapag Lee
Guest Reporter

Winona State University opened the academic year at full-student capacity despite Minnesota’s higher education budget decreases.

Greater traffic congestion and difficulty finding housing around Winona are only some indications that there is an increase of students in the community.

Winona State enrolled a record 8,896 students on both its Winona and Rochester campuses in August, even though the school’s overall budget has remained stagnant over the last four years.

“We’ve had to work harder,” Director of Admissions Carl Stange said about how the

admissions office deals with the budget cuts. “We try to do things smarter, and we’ve moved some things together.”

Minnesota Public Radio reports that the state’s higher education budget has remained at \$605 million since 2002. The MnSCU budget, on the other hand, has seen an increase from \$1.29 billion to \$1.9 billion.

The budget increase is contributed to higher enrollment in the MnSCU system’s 31 schools, which has skyrocketed from 365,000 students to more than 421,000 students.

Still, Stange says that despite what the numbers may show, Winona State’s enrollment hasn’t really increased. Rather, the numbers indicate that the school has remained consistent

in hitting its enrollment targets.

“Every year we try to enroll 1,800 new freshmen and about 550 transfer students,” Stange said.

Xao Vang, an adviser and recruiter for Winona State, said he believes this consistency is great news for the university.

“I think when you have an institution that’s been around for 150 years, your name is already out there,” Vang said. “You don’t have to spend so much effort on recruiting and more time and effort on your students that are already here.”

A good portion of the graduate population is increasing because many students are returning to get that additional degree or certification, explained Vang. In today’s economy, having

any extra edge may mean the difference between gaining an entry-level job and facing perpetual unemployment.

Higher retention rates are also a reason why Winona State’s student population continues to increase. In fact retention rates have risen to 78 percent in the past year.

“Students aren’t necessarily delaying their graduation, but they’re in no rush to get out of school either,” Vang said.

That reason rings especially true for students like Hannah Sung, who is returning to Winona State as a sophomore, but has accumulated enough credits to qualify as a junior.

Sung, a graphic design major, could graduate from Winona State in three years, but she is planning to study abroad next

year instead.

“Whether it’s good or bad, I just want a wider view of the world before I have to decide on my career,” said Sung. “Even though I could graduate early and save a lot of money and time, I wouldn’t really know where to start with my degree.”

As many students move forward with their education, tuition increases are at the forefront of their concerns. Of the new freshmen that entered Winona State in the last two years, 63 percent said that the cost and value of Winona State was a deciding factor in their college decisions.

Contact Jouapag at
JoLee09@winona.edu

Smoothie and juice bar coming to the Wellness Complex

Rebecca Mueller
Winonan

Upon returning to campus from spring break in March, Winona State students will have one more option for wellness and tasty treats with the addition of a new juice and smoothie bar opening in the Integrated Wellness Complex. The new venue was announced by Director of Dining Services Bruce Bechtle at the Feb. 1 Student Senate meeting.

Coordinator of Integrated Wellness Adrian Shepard explained that the new venue was included in the planning stages of the IWC's construction but "for one reason or another, it didn't happen."

Earlier this fall, Vice President of Student Life and Development Connie Gores and Athletic Director Larry Holstad revived the concept of

the juice and smoothie bar.

Gores said the new space will offer a larger variety of foods and "give students more options in different parts of campus."

The juice and smoothie bar will be housed in the concession stand across from McCown Gymnasium and will include four barstools placed at the counter to the right of the concession stand. The space may also include tables and other comfortable furniture that will, according to Shepard, make the area "more conducive to socializing and gathering."

Ideally, the juice and smoothie bar will open when students return for classes after spring break. During spring break, some minor alterations will be made to the concession stand's appearance and the necessary equipment will be installed. Only a minimal

amount of plumbing will be required to prepare the area for business.

"The area was made so that [the new venue] could be incorporated into it down the road," Shepard said.

Bechtle announced that the juice and smoothie bar will be open Monday through Friday from 3 p.m. to 9 p.m. The idea is that when the Mugby Junction kiosk in Somsen Hall closes at 3 p.m., the juice and smoothie bar will be open for business. The venue's hours could expand if there is sufficient demand.

As with any of the existing dining services' venues, students can make purchases with Kryzsko Kash, Purple Pass, Dining Dollars, or block plans.

Designed to benefit students before and after a workout, the menu offers a variety of

Pre-Performance and Post-Performance items including sandwiches, salads, bars, and trail mixes. These items, including rainbow pasta salad, Greek chicken focaccia, and summer salad pita, are different from items offered at other venues on campus. The juice and smoothie bar is also ideal for students who might not have time to eat between classes.

"The feedback thus far has been positive," said Shepard.

Gores added, "They think it's a great idea. Everyone loves it."

Throughout the fall 2011 semester, the building's traffic patterns were studied to determine the ideal location and hours for the juice and smoothie bar. The study revealed that an average of 2,000 students per day, or about one-quarter of the student body, have used the

facilities since the IWC was constructed.

"I hope that [the juice and smoothie bar] will complement the traffic that we already have but then also bring in other people who maybe haven't walked through yet or don't frequent the IWC as much," Shepard said. "I see it as another highlight of what we have to offer."

"The one thing we need is a name," said Gores. Students in The Well have been asked to brainstorm ideas, but all feedback is welcomed. Students wishing to contribute ideas for the new venue's name should contact Dean of Students Karen Johnson at KJohnson@winona.edu.

Contact Rebecca at
RMueller08@winona.edu



In mid-March, the current concession stand and counter will be transformed into a new juice and smoothie bar.

Rebecca Mueller/Winonan

Honor society hosts snowman building contest

**Julia Sand
Winonan**

Counselor Education Honor Society, Chi Sigma Iota, is hosting a snowman building contest and creative activities for students and community members Saturday, Feb. 18.

The contest is held to fundraise for a Guatemalan travel study program in May, which is open to students in the counselor education department, of which, some participants are in the honor society.

"It is a group that meets monthly, and we talk about different ideas that we can do among the community," said Laura Briggs, a graduate student who is helping to lead the fundraiser.

Briggs also explained that this group has done many service

projects in the past, including Adopt-A-Family program over the Christmas season.

Learning about Guatemalan culture through tours of the towns, studying the concerns of the Guatemalan culture, building houses and other various service projects are just a few of the items on the agenda for the travel study program.

The travel study will also provide a unique multi-cultural experience for those going into counselor education.

"Common Hope in Minneapolis is sending supplies down with us, so we will be leaving room in our suitcases for that," Briggs said. They will be providing school supplies and other items.

When the fundraiser begins on Feb. 18, teams of four can start building at 11:30 a.m., and judging will be at 2:30 p.m. DJ

Paul Lundquist and football coach Tom Sawyer are two of the three judges; the third is still undecided, Briggs said.

Briggs also explained the details and rules of the event, and they are as follows: Everything but snow goes "Pack it in, pack it out," she said, and all decorations must be taken with teams after judging. Items must be environmentally friendly, and there are no ladders, toxic spray, weapons or sharp objects allowed. Snowmen must be appropriate—rated PG, Briggs said.

Participants are also welcomed to join in on a coloring contest, kickball tournament, and a karaoke contest. If participants want to join the karaoke contest, it is suggested that they bring their own karaoke CDs.

There will also be hotdogs,

hot chocolate, and chips for sale. Teams are welcomed to buy some food and beverages during and after their snowman building.

Prizes such as gift cards and t-shirts will be awarded for first, second, and third place winners.

Registration will be available the day of the event, but Briggs recommends that interested participants contact her at LBriggs10@winona.edu. Cost is \$5 per person or \$2.50 for children 12 and under.

More details are available on Facebook. Even though the event was postponed the first time due to lack of snow, it will be held no matter the weather on Feb. 18. Chi Sigma Iota has alternative activities planned if there is not sufficient snow for snowman building.

If students do not want to

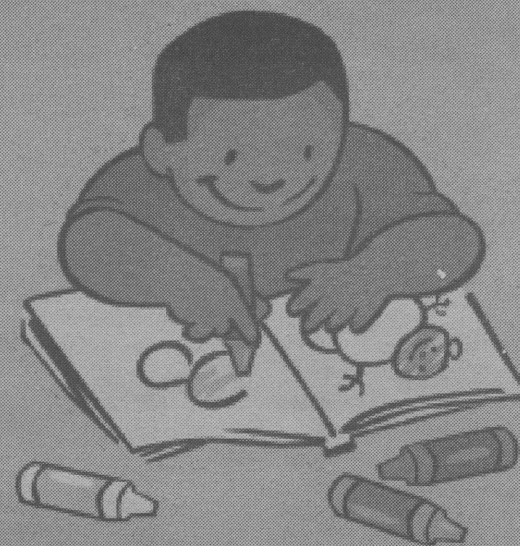
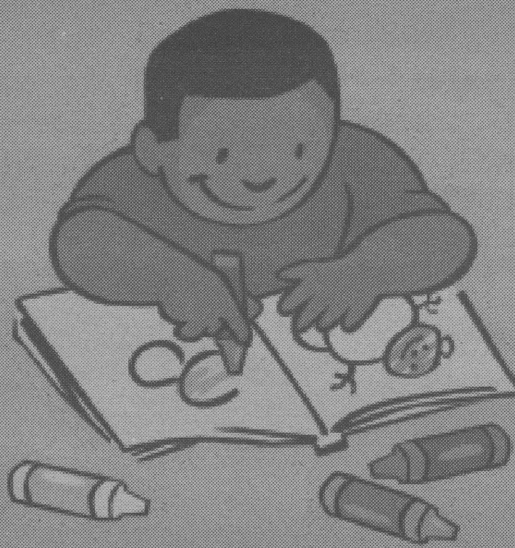
participate in the snowman building, they can donate money for funding to Mary Fawcett, in Gildemeister 117A, or they can just come and enjoy the entertainment.

Chi Sigma Iota is looking to do more fundraisers later in the semester. Briggs said the group is looking to team up with restaurants such as Culver's for fundraising.

Contact Julia at
JSand10@winona.edu

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Email HShamblin11@winona.edu, CFugina08@winona.edu or BWastart09@winona.edu to get started.

George Watsky performs at Winona State

Karin Chandler
Winonan

YouTube sensation George Watsky, known for his video "Pale kid raps fast," came to Winona State University Friday, Feb. 3 in Somsen Auditorium sponsored by the University Planning Activities Committee.

Originally from San Francisco, Calif., Watsky went to Emerson College in Boston and now lives in Los Angeles. He's touring around the United States and has shared the stage with well-known celebrities. He does lyrics, stories, rhymes, rap, and spoken word poetry. He is also known for his slam poetry.

Watsky said, "It's an awesome life and I'm proud to

have it."

Slam poetry refers to a performance of original poetry. Watsky has been to slam poetry competitions and was named champion in 2006. The competitions are judged on a scale from one to ten, based on the quality of the performance and the work.

Watsky has been on the Ellen DeGeneres Show and has more than 17 million hits on YouTube. UPAC had learned about George Watsky at the National Association for Campus Activities, Northern Plains last year when some UPAC members attended.

Watsky's performance included a poem entitled "Letter to My 16-year-old Self," "Love Poem," and a series of other poems.

His final poem was "for anyone made fun of for the way they talk."

Watsky said, "Poetry is not dead."

Winona State students were impressed by Watsky's performance. Daen Ferber said, "It was awesome. It was a little bit different, a little more sophisticated. It was fun seeing a YouTube celebrity. He's crazy talented."

Tamara Ward said, "It was totally worth coming to."

Some students' expectations weren't fulfilled, but they thought it was still worthwhile. Shelby Moore said, "I really liked it. I thought it was really good. It's not what I was expecting it to be, but I'm glad we came."

This event was slightly

different from previous events on campus. Students enjoyed the different style Watsky presented. Jessica Coggins said, "I'm glad that it's not the same as all of the other events we have."

Even though Watsky can talk really fast, students could still catch what he was saying. Adam Stark said, "It was very entertaining...very entertaining. I could actually understand it."

UPAC board members thought the concert to be a success. Logan Bratton, public relations technology director, said he enjoyed it thoroughly.

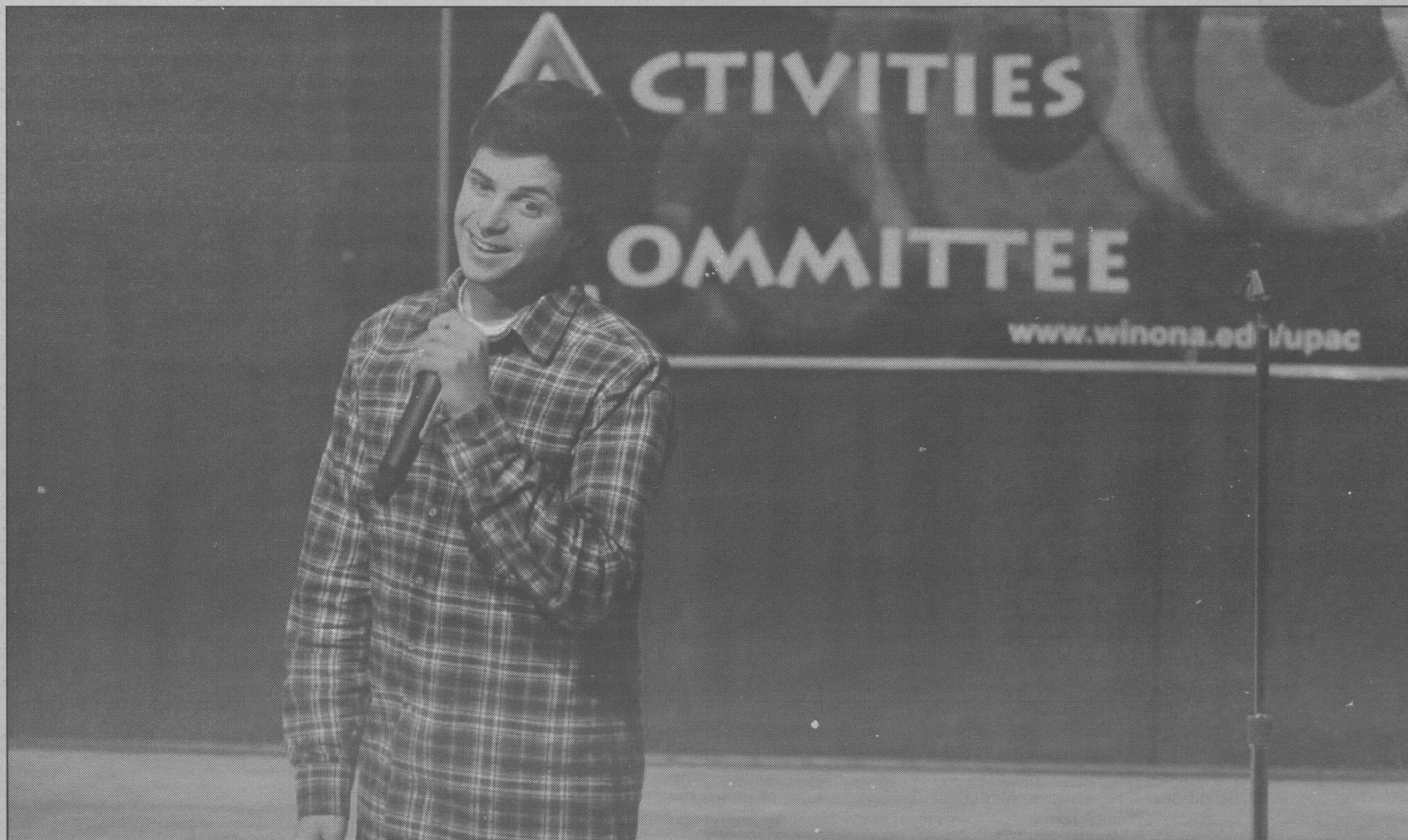
This event received a more even distribution of gender in the crowd than typical at Winona State. Sarah Traeger, concert committee board

member, said, "If you looked at the crowd, you couldn't tell it's a mostly female populated campus."

Kortney Spaeth, UPAC director, said, "I think a lot of people came expecting him to rap and left blown away by his slam poetry."

Watsky said, "I had a lot of fun. I had a great time and it was a great crowd. People laughed at the right times. It's great to have people who want to be here and event staff who support. What makes an event's quality is if the board has passion."

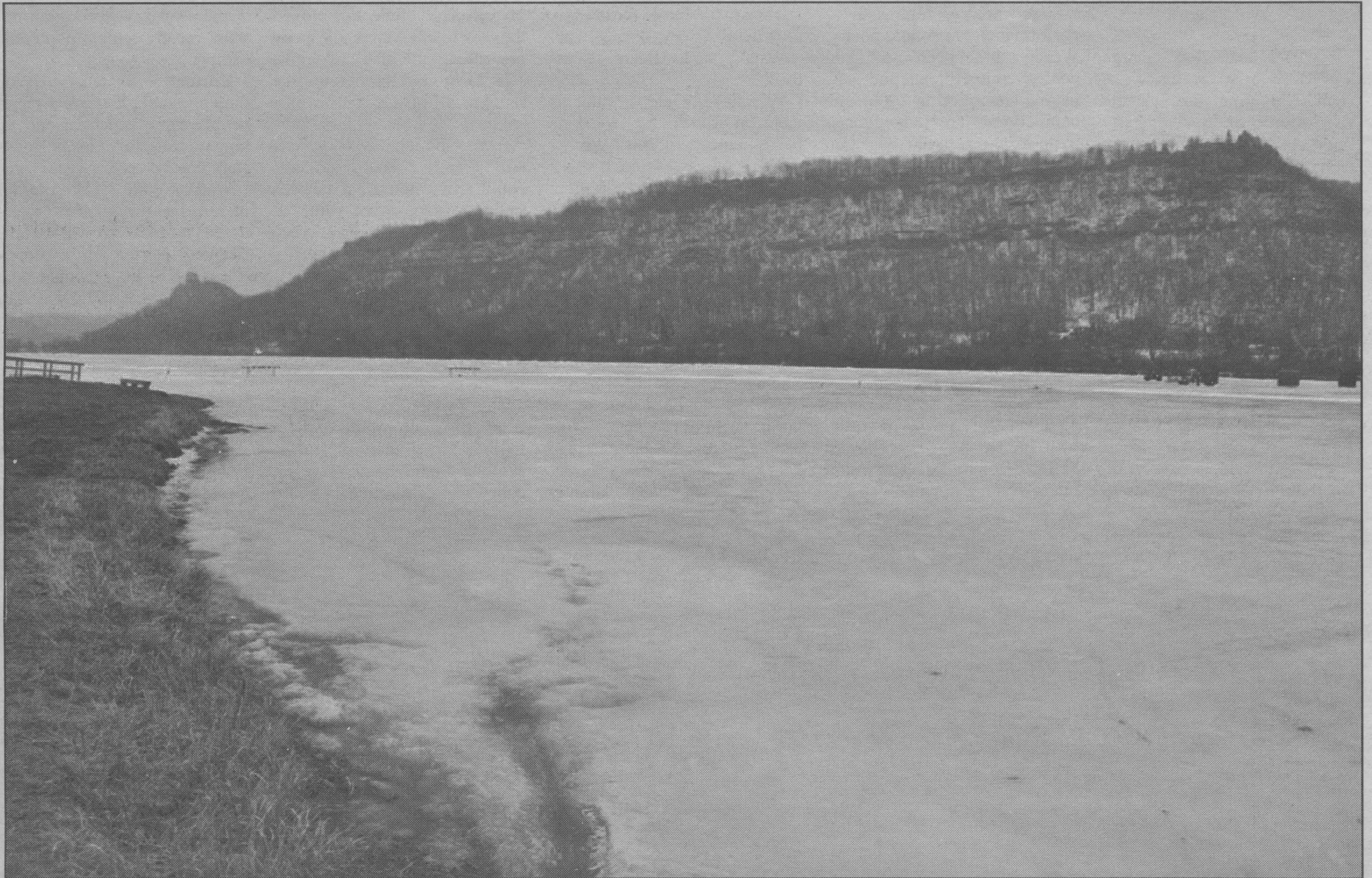
Contact Karin at
KChandler08@winona.edu



Watsky performed his YouTube hit "Pale kid raps fast," among several other songs, for students in Somsen Auditorium.

Michael Ruka/Winonan

Goose Bump Jump a local favorite



East Lake Winona near the Lake Park Lodge is the location of this year's Goose Bump Jump.

Sydney Swanson/Winonan

Calline Cronin Winonan

Although most people would not even dream of taking an outdoor swim in the middle of winter, members of the Winona community are already signed up to take the bone-chilling plunge into bitter cold Lake Winona for the second annual Goose Bump Jump on Saturday, Feb. 11.

As a fundraising event, the Goose Bump Jump aims to provide community members access to recreational opportunities.

Last year's jump, which

drew in nearly 200 participants, raised more than \$2,000 for a local scholarship fund. This fund allows Winona families in need to be able to participate in Parks and Recreation programs at a reduced cost.

Two veteran jumpers, Rachel Zacher and Jamie Higgins, both students at Winona State University, agreed that taking the plunge was a great experience.

Zacher had always heard about the Goose Bump Jump, but never had the opportunity to actually participate herself until last year. "A group of my friends decided to do the jump

and I knew I would regret it if I didn't go," she said.

And when the time came to actually take the jump, Zacher said it was really quite fun.

"It was super cold," Zacher admitted, "but there was a huge crowd at Lake Lodge, which made it exciting."

Zacher hopes to participate again this year, provided she can convince a group of friends to join her in the freezing endeavor once more.

Higgins represented Chi Alpha, a local campus ministry, when she jumped last February. Her only regret is not wearing anything on her feet when she

took the plunge.

"I would suggest wearing shoes or at least socks," Higgins said. "Going barefoot was a bad idea!" Because of a work obligation, Higgins regrettably cannot attend this year's jump.

Kirsten Hefte, a Winona Parks and Recreation coordinator, said that 50 people are already pre-registered for the 2012 Goose Bump Jump; however, she expects that number to reach almost 220 by Feb. 11.

Last-minute participants are also welcome to sign up on the actual day of the jump. The cost is \$15 per jumper or \$20 to jump and receive a t-shirt.

Join the band of brave Goose Bump jumpers at noon on Feb. 11 to freeze for a family fundraiser. Or, if you're too chilled at the thought of plunging into icy waters in the middle of a Minnesota winter, simply attend to cheer on friends and family. They'll need a warm round of applause. Literally.

Contact Calline at
CCronin07@winona.edu

What's Happening Around Winona State...

Wednesday 2/8	Warrior Weigh Introductory Session Time: 3-4 p.m. Place: IWC 267 Contact: Jill Henscheid jhenscheid@winona.edu	Home in the Slums of Dhaka Time: 4-6 p.m. Place: Stark 103 Contact: Vicki English 457-2949	Dickens Read-A-Thon Time: 6-9 p.m. Place: Alumni House Contact: www.winona.edu/ celebrationofthebook/
Thursday 2/9	Grief Group Begins Time: 3:30 p.m. Place: IWC 222 Contact: Eunie Alsaker EAlsaker@winona.edu	"The View From Here" Photography Exhibit Time: 8 a.m. to 4 p.m. Place: Watkins Gallery Contact: Kathy Peterson KPeterson@winona.edu	New Residence Hall Suite Sign-Up Time: 4 p.m. Place: Student Activity Center Contact: Housing and Residence Life reslife@winona.edu
Friday 2/10	Job Fair Registration Deadline Contact Career Services at 457-5878 or winona.edu/career/jobfair.asp	Taiwanese Cultural Presentation Time: 9 a.m. - 4 p.m. Place: Upper Hyphen, Kryzsko Commons Contact: International Programs internationalprograms@winona.edu	Plan ahead for Valentine's Day!
Saturday 2/11	Men's Basketball vs. Upper Iowa Time: 7 p.m. Place: McCown Gym Contact: Grant Wall GWall@winona.edu	Women's Basketball vs. Upper Iowa Time: 5 p.m. Place: McCown Gym Contact: Grant Wall GWall@winona.edu	"The Super Duper Delicious Winona Variety Show" Time: 7 p.m. Place: Somsen Auditorium Contact: Bruno Borsari BBorsari@winona.edu
Monday 2/13	Healthy Monday: Laughter Yoga Time: 7 p.m. Place: IWC 138 Contact: Health Promotion healthpromotion@winona.edu	Nepali Fashion Show Time: 6 p.m. Place: Smaug Stage Contact: International Programs internationalprograms@winona.edu	Common Book Author Visit Time: 7 p.m. Place: Somsen Auditorium Contact: Ann-Marie Dunbar adunbar@winona.edu
Tuesday 2/14	"Crazy Stupid Love" UPAC Movie Time: 7 p.m. (doors at 6:30) Place: Student Activity Center Contact: UPAC UPAC@winona.edu	It's Valentine's Day, in case you forgot.	(eat chocolate)

When to turn it up and when to tune it out

Ashley Ludin
Winonan

This semester, I have been using my iPod a lot more while I walk around campus and on my walks home, which is what sparked this piece.

When you're walking from building to building with headphones in and you see someone you know, should you just slyly wave, or take out your headphones to say hi? The biggest fault with taking your headphones out is what if they were just going to wave? Then, you look like an idiot because you were going to actually converse with them.

So far this semester, I have realized that a sly wave is usually the way to go. I have tried both, and typically get a

funny look when I take one or both headphones out to say hi.

Another thing I know I am guilty of is being oblivious to everything around me when I have my headphones in. I tend not to notice the person running up to me to say hi, or even the person who walks by and waves. It's even worse on days that I don't have my headphones in and see someone I know, not realizing they have headphones in and start wildly screaming their name across campus, only to look like an idiot while they keep walking.

When this happens, should you chase them down and get their attention, or just walk away in shame and text them about it from afar? Typically, I choose to perform the latter

action by walking away with my head hung a little lower than it previously was.

When I walk home, I've noticed that I have to turn the volume in my headphones down. I first learned this early last semester while I was bopping around on the sidewalk, not really paying attention to what was going on around me, but rather dancing to Lady Gaga, when I was almost hit by a cyclist. This was followed with a dirty look from the driver, while I pulled out my headphones to shout an "I'm sorry!"

Walking home from class, I need to be aware of my surroundings and what is happening on the streets. No matter how tempting it might be to blare my music and

prance my way home, I know that I should keep the volume down as I walk.

And finally, the thing that probably bugs me the most about people wearing headphones: the bus. I occasionally ride the bus from East Lake to Main Campus and have gotten stuck next to someone blaring death metal into his or her headphones several times. I'm all for listening to whatever kind of music makes you happy, but when it's 9:30 a.m. on a Monday morning, the last thing I want to be forced to listen to is death metal. Please, turn the music down. I'm sure blaring that music is not good for your ears, and not for mine either!

I try my hardest to perform proper headphone etiquette,

but when everyone thinks that there are different rules to this, how are you supposed to effectively practice proper headphone etiquette? Solution: all headphone companies should get together and come up with etiquette rules and insert a flyer with each set of headphones sold. This way, no one will be deaf to the proper etiquette.

Contact Ashley at
ALudin08@winona.edu

Have something that you're just dying to
get out?

-You could see it here-

Email Molly Barrett at MBarrett08@winona.edu with story ideas/rants/etc. Get your word out there!

Winona State University youth for Ron Paul

Derek Brommerich
Guest view

Are you part of the majority of youth in America who hate politics or are apathetic towards the whole system? So were the members of our group, before we learned about Ron Paul. Why though, are young people rallying around the oldest candidate in the race?

Well for one, he has the youngest ideas. The ideas of liberty that Ron Paul exposes are new to history, which is full of stories of tyranny. He is the only candidate to have a significant presence on college campuses around the country.

In the recent vote in the

Iowa caucus and the New Hampshire Primary, Ron Paul got an estimated 48 percent of the vote of those 18-25 years of age.

He is catching on with the youth of the country for many reasons. One is his views about foreign policy. Candidate after candidate promises to keep us out of useless foreign wars. As soon as they achieve victory, they reverse course and embrace the policy of endless warfare. Many of our youth today are not old enough to remember a time when the nation wasn't at a state of war. Younger voters get the feeling that nothing changes at the top.

Many of those I talk to take his honesty as refreshing. Dig

up the past and you will see he has believed in the same thing for 35 years. Our national debt is \$15 trillion plus and will skyrocket soon.

These new voters look at the future and are concerned. They know arithmetic and understand that our debt means a future of impoverishment. The federal government now controls the student loan business. As soon as college is over, these graduates, in effect, become indentured servants for half of their careers. College can be more affordable with a market response.

If you are concerned about the weight about to be thrust upon you, then google Ron Paul and plan to vote for him

in the upcoming caucuses. For more information, email wsuforPaul@gmail.com

Contact Derek at
wsuforPaul@winona.edu

Sometimes you need those five minutes to yourself

Molly Barrett
Winonan

Over the past few weeks, I have been finding myself more stressed out than usual. The tell tale signs have been obsessively popping open Diet Coke cans, taking my mini bottle of Advil everywhere I go, and seeing the amount of Post-It notes in my planner overtake most of the page. I feel like I should be used to this by now.

This is my third year here at Winona State University, and I have the hang of things (or like to think I do). But with a job, homework, friends, cleaning my always-messy room and now in a new position at the Winonan, I've been waiting

for a break that never seems to come.

Something that definitely has not been helping me is my obsessive need to check Facebook, Twitter, Tumblr and my email. I feel like I'm in a constant loop of the same four sites, and visiting them only makes me feel like I'm missing out on more than I am. See, these people have time to go cool places and go out for coffee and make cool things to "pin" (I'm still behind on that trend). I barely have time to brush my hair in the morning, let alone look at a virtual board of different hairstyles to choose from.

I would make that amazing over-easy egg burger, if only I had time to get in my car

and spend a leisurely hour at the grocery store, buying all fresh ingredients. Oh, wait. I don't have the time, money or energy to do that. I don't know about anyone else, but when I get home from a long day on campus (sometimes a full 12 hours), the last thing I want to do is go out anywhere. I just like it to be me, with my Christmas lights on and candles lit, reading a book for fun for once.

I have come to savor these breaks, as they don't come often. Turning off Netflix and my top visited sites also helps me to just shut the world up for ten minutes and enjoy being by myself. I sometimes feel like the hyperactive freshman I once was, trying

to fit everything and anything into any free time I had. I need to remind myself that it's OK to not check text messages or facebook comments or my email for an hour if I can manage it. People will wait. But my sanity won't.

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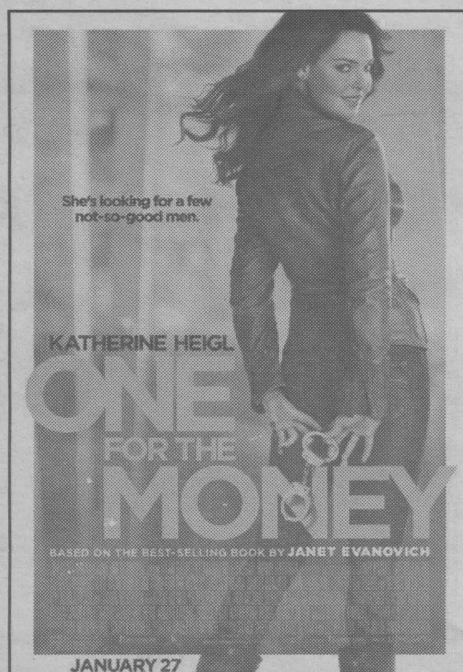
...you're still going need clips.

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The Winonan is looking for reporters.

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Molly Barrett
with a writing sample.

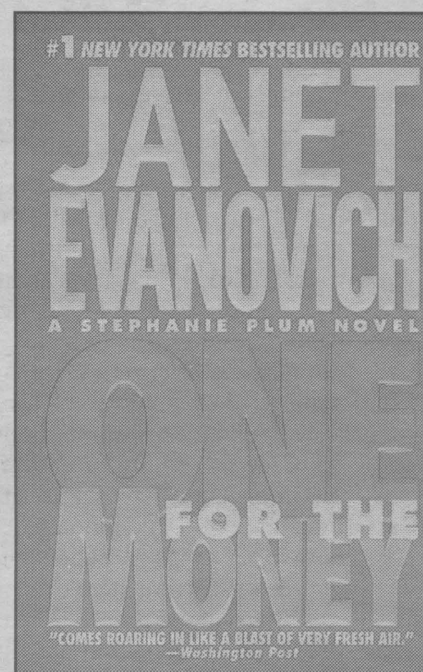
Interested in writing for the Winonan?
Come to an informational meeting this Sunday at 7 p.m. in the Winonan Office, Kryzsko Commons.

"One for the Money" not up to reader standards



imdb.com

VS.



<http://bestsellers.about.com>

**Hannah Bauman
Winonan**

There is a series of books out there in the local libraries and bookstores. A series that started back in the mid-nineties and has made the long trip to present day literature.

Books whose titles tell an adult nursery rhyme filled with alliteration. "One for the Money," "Two for the Dough," "Three to Get Deadly" and on and on until the most recent addition, "Explosive Eighteen."

These books tell the story of an ex-lingerie seller, resident of New Jersey and newly inducted bounty hunter, Stephanie Plum. She's just a thirty-something year-old woman trying to pay the rent on her apartment, make a living, not get her car blown up and enjoy a doughnut here and there. Now, she's even kicking ass on the big screen.

I have been an avid reader of the Plum series, written by Janet Evanovich, since the second semester of my junior year of high school. My mother had mixed feelings about me reading

these books, seeing as how they contain mature content, yet she has been reading them since the first one was published in 1995.

By March of that year I was finishing one after another and can recall reading "Hard Eight" while on the way to another track meet. My senior year for my eighteenth birthday I asked for the whole series, which I got, in paperback. One through 17 currently set up camp on my tiny bookshelf.

What girl, or woman, would not love reading about a chick that fights the bad guys, has a hooker for a best friend, has two very attractive guys pining for her and who can eat whatever she wants, know it's bad, and eat it anyway? Stephanie Plum has made it to theatres everywhere. Although the series permits enough plot structure for a TV series, a movie will suffice for us die-hard fans.

I have been to see the movie twice now. Once just to get the feel of it and the next I had enough common sense to smuggle in some doughnuts so I could honor

the experience properly.

Katherine Heigl plays the lead. Either having dyed her hair or having her stylists force a ridiculously thick wig upon her head, she played the part but did not truly become it. She had an accent, but not like the kind you would hear in Jersey where the movie takes place. I heard a Brooklyn-style twang to her voice, which threw me off in the beginning. She was spunky, which, over my years of reading the Plum books, is the best way to describe the female lead.

Throughout all the novels, there has been a long list of characters who walk in and out of the story line. One of my favorites would be Lula the hooker turned file clerk. I don't make this stuff up, it's written down in published books.

Sherri Shepherd played Lula who is best known for her eccentric sense of style. She likes to squeeze her curvaceous body into spandex outfits five sizes too small. Plus, let's not forget her ever-changing wigs, which range from free and natural to sleek and long.

Shepherd got the attitude and feel of Lula down. I say this in the nicest way possible: Shepherd played a spot-on hooker.

Now onto the men of the movie, one of the main reasons any smart woman would see this movie. Granted I would have loved to have seen the two male leads played by stronger, more rugged looking men, but I will leave that up to the imagination. But I should not have to! The role calls for super badass guys!

One, a cop, Joe Morelli, on the run after having killed an unarmed man and the second, Ranger, a Cuban-American who should look like "an action figure dipped in caramel." In the end both actors grew on me, much as any guy would given time to charm his way in.

The movie did get little details correct which for many book-to-movies are hard to get. A constant sheen of sweat was present on the characters. The first book takes place in the summer during a heat wave and there is the ever present mention of how stinkin' hot it is.

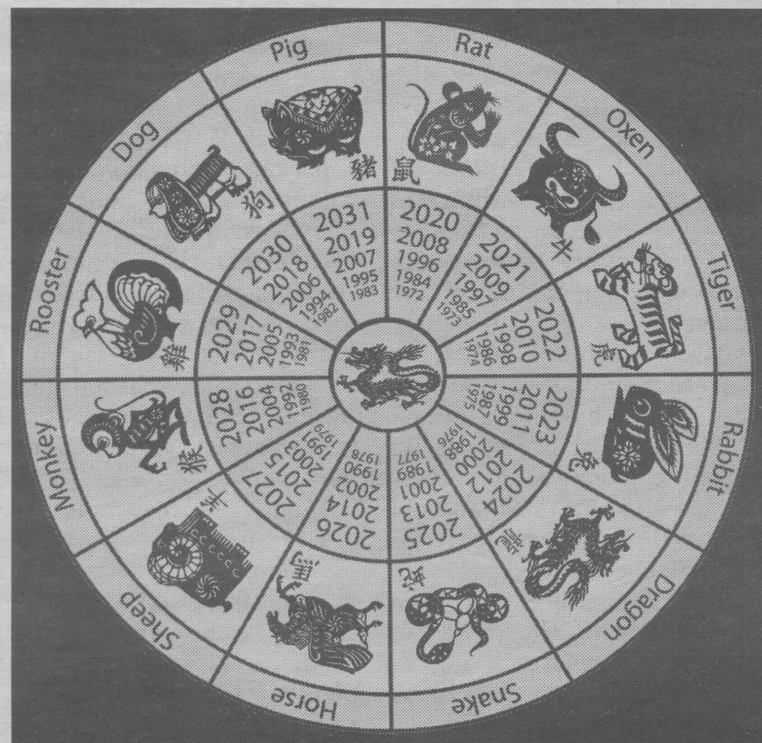
A Big Gulp cup accompanies Plum wherever she may be, constantly reinstating the fact she does not care about the caffeine intake. Grandma Mazur was a kooky ole' broad that charmed everyone's heart. They even got the curved scar that garnishes Morelli's eyebrow down.

I would have loved to have seen Heigl forced into the fashion of the mid-nineties, but beggars cannot be choosers. I have waited a long time to see this series made into a movie and the wait could have been prolonged a little bit longer.

Maybe the cast directors could have found some of those rugged men I was talking about? Would it have killed them to do a couple more push-ups? All in all, this movie was worth the two matinee tickets it took for me to get a good feeling of it. I wonder how "Two for the Dough" is coming along.

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Monkey does not quite live up to spiritual animal guide



about.com



thehappysloth.wordpress.com

Hannah Jones
Winonan

The annual Chinese Spring Festival ushered in “long nian,” or the “Year of the Dragon.” This year is supposed to be especially momentous or auspicious for those born under the zodiac sign of the dragon.

According to Chinese astrology, the naturally enterprising and ambitious nature of those born under this sign will guide them to an important, successful year for their big plans. I looked up the projected year for my zodiac sign, the monkey. It told me I was likely to go vegetarian this year.

Honestly, I was a little disappointed by this result. I’m not exactly certain what I was looking for: perhaps something a little more specific to me. In general, I think I had a hard time relating to my astrological monkey, a clever trickster with a nose for trouble. I’m juggling my classes, an internship, a

newspaper job and several clubs and performances. I don’t have time for trouble. If the monkey quits messing around and starts doing my Chinese character homework for me, then maybe we can work something out.

I would have preferred a symbol that better represented me and my aspirations. I craved a spiritual guide, an object or an animal, to help me navigate this cosmic confusion that is our mystical universe. Or at least to help me choose a cool desktop background. I decided to look deep within myself and find that spiritual symbol. After all, most of my friends already had one.

I share my dorm suite with three other girls, and all of them have their own spiritual guides, which they found for themselves. The girl whose room is next to mine has appropriately chosen trees, representing her desire to both stay rooted and to branch out. Stylized pictures and posters of leafy towers

pepper her living space, a constant reminder of her metaphysical aims. The girl who sleeps just next door to her has chosen acorns, which have great potential to become something powerful and majestic. She wears her decision proudly as an acorn necklace with a gold chain. With the aforementioned trees and acorns, I bet you think you can guess as to what my third roommate chose. Did you guess leaves? Fruit? Well, the joke’s on you, because she chose elephants.

I craved that kind of cosmic contact with a unique symbol, so I did some research online. Quite a few options came my way. The gray wolf certainly seemed courageous, but I didn’t think I could measure up to that standard. I would have gone for the wise velociraptor in a heartbeat, but I felt I simply didn’t have enough information beyond what I saw in Jurassic Park to commit to it. The honey badger? Nah,

Honey Badger just don’t care. I kept glancing at my clock as I searched. I was running short on time. I had places to go, commitments to meet, an article to write. At this rate, I would never find my spiritual symbol, simply because I hadn’t the spare minutes to look. At the end of my frazzled rope just about ready to give up, I suddenly stumbled across an animal that, although it is vastly overlooked, I have actually admired for a long time. As soon as I looked into its sage face, its compassionate, patient eyes, I knew that this was the animal I needed to emulate.

Here are some National Geographic facts about sloths:

1. The sloth is the slowest mammal on the planet. It is so slow, that sedentary algae can grow on its fur, giving it its characteristic pond-scum green color.

2. They sleep 15-20 hours every day. I sleep an

average of seven.

3. It is sometimes difficult to tell a live sloth from a dead sloth, because dead sloths will often remain suspended from the treetops like nothing happened.

4. Sloths are vegetarian.

5. A sloth will come down from its tree but once a week for one express purpose: to take a dump.

In short, I believe this animal, quaint and simple as it seems, knows exactly what it’s doing. That is why I proudly choose it as my spiritual guide. As busy, panicky, and stressed as I am, I can learn something from this languid guru. Maybe not so much as far as bathroom habits go, but you can bet this year that I’ll eat my veggies, and maybe even get some more sleep. Let the year of the sloth begin... in a little bit, when I’m good and ready.

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WSU Athenaeum Series holds student collaboration discussion

Courtney Kowalke
Winonan

Three professors discussed their collaborative efforts in "Interdisciplinary Collaboration Course Experiment" Wednesday as part of Winona State University's on-going Athenaeum Series.

"Creativity comes from all disciplines," Assistant Professor Chun Lok Mah of the Graphic Design program said.

Aside from Mah, Mass Communication Assistant Professor James Bowey and Computer Science Professor Joan Francioni developed and enacted the collaboration of departments. All three were present at the event, which was held in the Kruger Library and attended by 20 students and community members.

Before the course experiment last fall, all three professors shared a fascination with interdisciplinary methods and how these skills could be used to engage complex questions. Bowey and Mah bonded over experimental BrainPort Technologies, while Bowey and Francioni shared a passion for civic engagement, which led to the development of Winona360.

This interdisciplinary

passion, however, was lacking in the students they were teaching, so according to Bowey, "we started brainstorming – what if we tried to do a class?"

The professors initially had problems structuring the program and, in Francioni's words "rigged the system" to allow three individual classes to overlap, forming the interdisciplinary group. "As a university, I hope we're moving toward having one large, interdisciplinary class instead of having everything broken up," Francioni added.

However, conflict soon arose. "It fell completely flat with the students, and they were very vocal about it," Bowey said. "It was not what they signed up for and they didn't 'get' the other people in the class who weren't from their disciplines. We saw this phenomenon where the division of disciplines is social and this peer group allegiance developed."

Allegiance to each class's own professor also developed as a roadblock. "There was this dance of who was in charge at any given time," Francioni said. Though the three professors enjoyed working together, they agreed the class would have worked better with one professor acting as an overall

manager.

Determined to succeed, Bowey, Francioni and Mah continually met behind the scenes to strategize. There was undoubtedly an extended load on the three teachers, who had to coordinate and plan individual classes, one combined class, and then spend time making the courses mesh.

"I don't think the students saw us working together enough," Francioni said since much of their work occurred outside the classroom. "If we did the course again, more true face time would be ideal."

In order to be successful, the professors focused on designing a "sink or swim" environment in which collaboration was made the focus. To keep students with waning interest engaged, diverse lecturers were brought in to highlight different perspectives in the interdisciplinary world, and small group projects were assigned.

"I think the collaborative effort started to break apart here," Bowey said, noting that the students in the small groups did not have enough time to click.

Instead, the professors assigned the large, final project sooner so the 12

teams had time to build trust and respect. Students worked together to create "an impossible real-life scene that looks natural and reflects some aspect(s) of the social implications of computing," according to Bowey. "The project had to be sufficiently complex so no one person could just take over."

"Some people did try to sneak around that rule and do it all by themselves," Mah said. "That was a big problem among students."

Bowey and Francioni agree that this problem was prevalent, but it was also problematic because "we see it in our own everyday lives, this desire to get to the outcome as quickly as possible," Bowey said.

"It was clear when they weren't actually collaborating, and it was interesting to see how they worked it out on their own," Francioni said. "Before they had a first to finish mentality where labor was divided and arguments were easily won, which is the wrong kind of compromise. It was hard to change to get past that, but the students couldn't identify as just their disciplines anymore."

Overall, the professors were pleased with the

outcomes of the group projects, and several were shown during the athenaeum presentation.

Among the defined outcomes Bowey, Francioni, and Mah anticipated were that students would understand their own discipline from a broader perspective and that students would understand their own roles and strengths in this project. 95 percent of students surveyed felt their own projects were successful in conveying the message they wanted.

"They were able to create new solutions out of multiple parts and evolve from resistance to collaboration," Bowey said. Students also learned that collaboration required face-to-face communication and an increased comfort with uncertainty.

All three professors doubt this type of course could be done again at Winona State despite its efficiency and relevance. "These are problems in every field, not just the classroom," Francioni said. "These hurdles are everywhere in the 21st century."

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Atlanta's beat scene in full bloom for 2011, 2012

Michael Wittig
Winonan

Unless you have been under a rock for many years, chances are you have been exposed to some form of the left-field-bass movement.

In 2011 the emergence of many new up-and-coming young beat producers was seen. Perhaps none so polished, so fluent, as Atlanta's twenty-something HeRobust: also known as

Hayden Kramer.

February 2011 marked his full length debut release entitled "Albumin." The album released digitally for free via his bandcamp, infused elements of hip hop, soul, jazz, and of course electronics.

The 45 minutes takes you on a head-nodding journey, making you feel as though you're on a boat. The beats are complex, though instrumental. Amidst an

entire generation of knob twisters, button pushers and musically illiterate producers, Kramer stands out as a true musician. "Albumin" brought an evolution to the beat scene, a natural musical growth.

Now let's fast forward to February 2012.

HeRobust (Kramer) is at it again with his sophomore release, this time a digital double album titled "Late Night/Morning After."

Both albums are filled with 8-bit blips, Dilla-esque samples and copious amounts of synth. The southern hip hop influence though prevalent, takes a back seat to Kramer's ability of taking one on an auditory journey with electronics.

The albums have soul and that's what separates HeRobust from a lot of the other young beat producers on the scene today. It is not just music you blast in the

car; you blast it everywhere you can. What truly separates this music beside the artistic progress, and the neck-snapping beats, is that once again, both albums are free.

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Transforming household ingredients to DIY body care

Calline Cronin
Winonan

If you're looking for inexpensive all-natural beauty products, look no further than your very own kitchen. Students at Winona State University's Healthy Mondays series on Jan. 30 learned the secrets of DIY body care, transforming ordinary household ingredients into body scrubs and moisturizers.

Nicole Donaldson, a Student Health & Wellness Advocate at Winona State, opened the program by providing attendants with sweet, gooey treats that she eats in between classes to tackle hunger and remain focused. Her "no-bake energy bites" require a mixture of oatmeal, peanut butter, honey, coconut flakes, flaxseed, vanilla,

and chocolate chips to make a compact, energizing ball of deliciousness that fits in the palm of your hand. One "bite" is packed with fiber, protein, and essential fats, also known as Omega-3 fatty acids, making it a nutritious alternative to many other snacks.

For Donaldson, who is also studying Health Promotion and Community Health at Winona State, good health is a top priority. "It's been a passion of mine since I've entered college," she said. "I wanted to inspire others to live a healthy life." Ultimately, she embodies her passion for health by striving to be a role model for other students.

Throughout the rest of the program, Donaldson, along with Erica Thibodeaux, Winona State's Health and Wellness Promotion

Coordinator, demonstrated how to make all-natural products, like moisturizers, shampoo, and bath salts, with common items from the home, such as olive oil, coconut oil, almond oil, vitamin E, and honey.

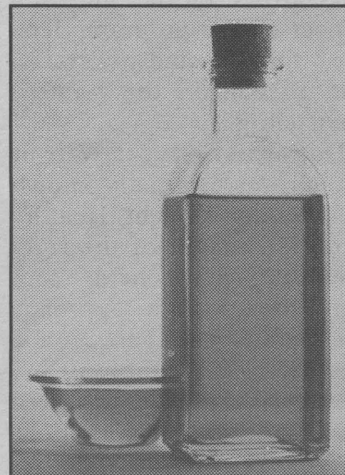
One product, a coffee body scrub, students were able to sample for themselves. The scrub, which made mostly of ground coffee, as well as brown sugar and olive oil, serves as a natural way to exfoliate and moisturize the skin, especially the hands.

Katie Keller, a junior at Winona State, said it was her first time attending the Healthy Mondays series, but that it won't be the last. "I would definitely come back," she said. "I thought it was awesome." She also raved about Donaldson's healthy energy snack. "I really enjoyed the energy

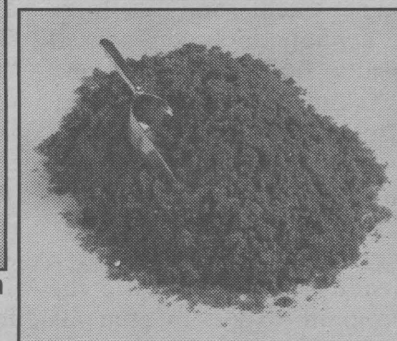
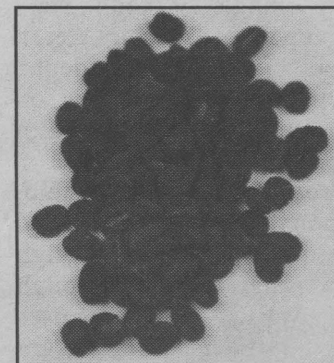
bites!"

Donaldson and Thibodeaux challenged students to return for next week's Healthy Monday program, which will feature brainteasers.

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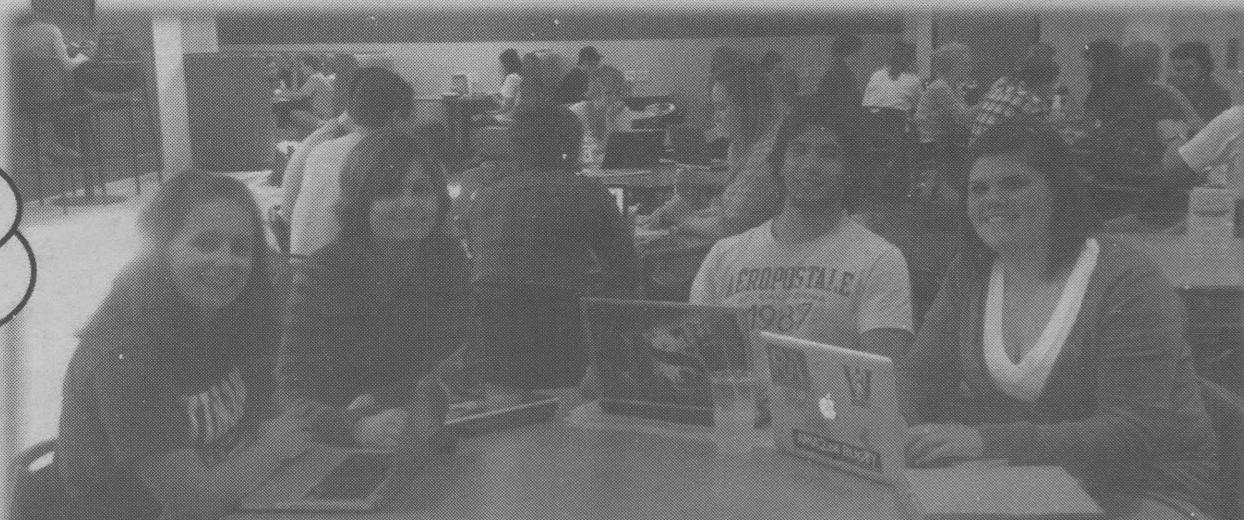


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Warrior Weigh program eases pressure for students

Samantha Luhmann
Winonan

In a society consumed with body image, Winona State University's Warrior Weigh offers relief to students, allowing them to focus on the fundamentals of health rather than its perception.

Created by Jill Henscheid, Winona State's registered dietitian, Warrior Weigh is a program held through the WELL that focuses on students' weight management and wellness as a whole, including overall health, fitness and nutrition.

Taking the focus away from dieting, the program offers an outlet for students to overcome their individual health obstacles as they learn what it takes to live a healthy lifestyle. While the program will help students lose weight if that is their goal, Henscheid said that she didn't want Warrior Weigh to feel like Weight Watchers.

"I wanted to do something to get them away from dieting," Henscheid said.

With the help of Sara Jech, graduate assistant, and Lynda Brzezinski, counselor at Winona State, Henscheid originated the program in the spring of 2010. Henscheid specializes in the nutrition aspect of the program, Jech the fitness and exercise, and Brzezinski the primary counseling.

During its first year, Warrior Weigh was originally known as Healthy Weight Healthy Body. In search of the right "recipe," Henscheid said they took a new approach the second year changing the name to Real Solutions and adapting a more structured style utilizing workbooks and requiring attendance. The program was organized for an eight-week period and only available to a certain amount of students who registered.

"That was way too 'lose

weight' oriented," Henscheid said. "That's not what we're about."

Progressing with a more relaxed approach, this year's Warrior Weigh is open to any students interested in joining at any time and is run throughout the entire academic year. Meetings are held every other Wednesday from 3 p.m. to 4:30 p.m. in the Integrated Wellness Complex in room 267.

"Each year we try something new," Brzezinski said. "We keep an informal style, address the needs of the participants, and also try to bring relevant information on healthy living."

At the meetings, students check in, introduce themselves to new participants, and share what they've worked on throughout the week. Considered as "co-facilitators," Henscheid said the group is able to bring their own questions and topics they'd like to discuss

at each meeting as well.

A different topic is explored at each meeting depending on what students are most interested in. Previous topics include healthy snacks, workout advice and the importance of sleep.

"It's great to talk out different problems you're having with people who are having the same problems," Jech said. "Warrior Weigh gives students an outlet to come talk about their week and take steps to improving their life."

The program also offers motivational interviewing for each student to get personal advice and to better see the discrepancies between what they're saying and doing. The interviews are arranged through periodic appointments suiting each student's schedule throughout the week.

Kendra Lekson, health and wellness promotion graduate assistant, said students will

find the support to get to the best mindset through Warrior Weigh. Students who join Warrior Weigh can expect a safe environment where they can come and express themselves without judgment.

"Being in college is a whole different lifestyle than what most are used to," Jech said. "We can help students find balance between school work, friends, social life and staying healthy."

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Want to write for the Winonan?

Email Molly Barrett at MBarrett08@winona.edu

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Top 10 Things To Look Forward To If You Are Single On Valentine's Day

by: Kortney Spaeth

10. Listening to others complain about their bad nights. They had a bad date? At least you did not have to experience that.
9. Breaking things. Have you seen the movie Valentine's Day? Jessica Biel makes it obvious when she destroys a piñata that it is perfectly OK to take your frustration out on inanimate objects.
8. You get to save money! Being single means no money spent on a date or present.
7. You get to spend that saved money on yourself! Get your single self something you have always wanted. No need to worry- you know you will love it!
6. You get an open invitation to complain:
"It is a Hallmark holiday anyway."
"This is just an excuse for couples to go out."
Yes, we have heard them all, and you get to use them without anyone telling you otherwise.
5. Ladies, you do not have to get dressed up. You heard me. The girls with dates have to spend hours getting ready. You get to spend the night in sweats. You win.
4. You can spend the night with who you really want to be with- yourself! This means you approve the agenda, not you and someone else. Do you want to spend the night eating peanut butter from the jar and watching Jersey Shore? Sounds good to you!
3. Beyonce made a song about you. What an honor!
2. You get the luxury of fantasizing you are dating someone famous. Oh, hello there, John Krasinski. Why sure, I would love to spend Valentine's Day with you!
1. February 15th. Valentine's Day candy is half off!

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Wazoo: A look behind the mask of Winona State University's mascot

Matt Shalbrack
Winonan

At Winona State University sporting events, the university mascot, Wazoo, can be spotted scampering up and down the sidelines giving out high fives like candy.

But it wasn't until 2006 that Wazoo was first introduced, during the national television game when the men's basketball team won the NCAA Division III championship.

Winning moments like that and seeing the smiles on children and students' faces are the most rewarding aspect of being Wazoo, said Carl Stange, adviser for Wazoo and also the "secret longest living Wazoo."

As adviser, Stange personally keeps the cleanliness of Wazoo's costume up to date and makes any modifications or repairs to the outfit as needed.

Currently, there are four students who suit up for sporting events with two

students currently in training.

"The most rewarding aspect is the kids by far," veteran Wazoo said. "Most of the kids love Wazoo and they all want high fives and pictures. The parents really love to see that kind of interaction. Getting the crowds into the games is a very close second, but I think it's more fun to make the kids happy so their parents can enjoy the games."

In terms of secrecy and keeping a code of conduct, there are specific rules in an unwritten mascot handbook that each wearer must abide by, such as putting the outfit on and taking it off in a secure area, not demonstrating any obscene gestures, and displaying as much school spirit as possible no matter the what the score of the game is.

"I think it is more fun when people do not know who you are, it makes it more fun to interact with them and it makes it funny when you see

them on campus later and you know how they interacted with Wazoo and have no idea who it was," retired Wazoo said.

Being Wazoo requires true school spirit and a passion for the mascot, as it is a volunteer position.

A student must first meet directly with Stange and become knowledgeable on the NCAA rules involving mascots at sporting events.

After that, the only training comes from putting the costume on and performing in front of the crowd.

One of the biggest pieces of advice that Stange gives new trainees is "if you're smiling inside the mask, your mask face will also be smiling on the outside. Your face has to be the same nonverbal facial reactions on the inside to make it believable on the outside."

Since Wazoo is a part of Winona State, he travels to the important places where the school is represented such

as the Minnesota State Fair, Winona's Steamboat Days Parade, and Target Field to promote the university.

Wazoo's costume involves a few main pieces, such as the mask, chest piece and cape, gauntlets, sandals, sword, skirt, and a smock.

During the summer months, the Wazoo costume turns into a sauna with all of the extra clothing mixed with the heat outside.

"My favorite part of the outfit is the mask," retired Wazoo said. "Once you get behind that you completely change. You are a whole new person."

Being Wazoo isn't always a pleasant experience though, especially when the crowd gets out of control and fans begin to heckle, Stange says. But there are more positive benefits about being Wazoo than negative, so the heckles are easy to tune out.

"The hardest part of being Wazoo is also that you are the face of the university," retired

Wazoo said. "Being Wazoo, you always want to make sure that your actions will reflect on Winona State in a positive way; this can become difficult during games that are close in score and when the fans start becoming more rowdy. You always have to tell yourself to keep your cool and don't let the outcome of the games affect how you support your team."

The two biggest things that are taken away from the experiences Wazoo encounters are pride and camaraderie, both Wazoos said.

"I never realized how much Wazoo actually means to the sports teams, fans and university until I started doing it," veteran Wazoo said. "Seeing everyone that Wazoo helps make happy is humbling in comparison to what we think we accomplish personally on a daily basis."

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Nine Warriors Earn NSIC Myles Brand Award

Nine Winona State University student athletes have been selected to receive the NSIC Myles Brand All-Academic with Distinction Award.

The honor, named for the late NCAA President Dr. Myles Brand, is given to senior NSIC student athletes who have a cumulative grade point average of 3.75 or higher, are exhausting their eligibility and are on track to graduate.

Winona State student athletes Kathy Crudo (softball), Lillian Golbach (track and field), Jena McDermott (soccer), Michelle McDonald (women's basketball), Shannon McGowan (volleyball), Jamie Soyk (baseball), Jordyn Strege (soccer), Kim Wachholder (softball) and Lucas Wolf (football) will receive the award.

Each student athlete will be recognized by the NSIC with a certificate of achievement and a wrist watch.

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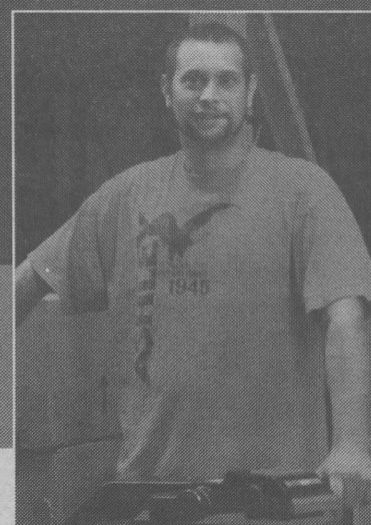
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Track and field takes first place at Pointer Invitational with a score of 141 points total

Mitch Rudolph
Winonan

The Winona State women's track and field took first place at the Pointer Invitational in Stevens Point, Wis., last Saturday and won a handful of individual events.

Overall, the team took first place out of the 13 teams with a score of 141 points. The next closest score was 100 points achieved by Northern Michigan University and UW-Eau Claire.

Individually, the girls placed in the top three for both the 400-meter dash and the long jump.

Freshman, Catherine Whitcomb finished first in the 400-meter dash with a time of

58.56 seconds while Brittany Rynda, and Kelsey Bethke finished close behind with times of 58:87 and 59:41.

In the field events, sophomore Abby Alberts jumped her way to first place with a long jump of 5.48 meters.

In second place was Freshman Hannah Mueller, who jumped 5.30 meters and placed second in the 60-meter hurdles with a time of 9.07 seconds.

This was the Warriors' fifth meet of the season. What was unique about this one is that it was the first scored indoor meet of the season. Generally most meets are not scored.

"There has been a lot of provisional marks to qualify

for Nationals and quite a few personal best this season," senior Chelsea Grambo said. "It should be interesting to see how Nationals goes."

The team has been practicing hard with two to three hour practices Monday through Friday and twice a week lifting.

This week is a busy one for the girls. The 55 teammates will be spread out, with a few Warriors competing in the ISU Open in Ames, Iowa, on Thursday and a few competing in the Cardinal Open at St. Mary's on the same day.

This Saturday is the NSIC Multi-Event Championships in Bemidji, Minn.

The indoor season is starting to wind down, with only four

more meets until Conference.

The Northern Sun Intercollegiate Conference Indoor Championships will be held in Mankato on Feb. 24.

After the indoor season is complete the Warriors will start their outdoor season at the end of March.

There are several differences between indoor and outdoor track and field.

For example, indoor doesn't have the 600 or 100 meter race and the track is normally only 200 meters long.

The Warriors' indoor season starts in December and ends in March while the outdoor goes from March until the end of May.

Many of the girls compete

all year round with cross-country in the fall. The track and field team contains 17 who that compete all year round in both track and field and cross-country.

Be sure to follow the Warriors as they compete this week. To keep "track" of the season, visit www.winonastatewarriors.com.

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Warrior Athletic Website

The Winona State gymnastics team posted a 181.600, finishing second out of five teams at the Gershon/McLellan Invitational Friday night in La Crosse.

The Warriors began the meet on floor, posting a 44.975. Jena Jondahl led the way for Winona State with a score of 9.175 while Samantha Williams had a 9.075 and Chelsea Lindeman added a 9.025.

Winona State had an outstanding rotation on vault, recording a team score of 46.450. All five counting

scores for the Warriors were 9.200 or better. Jena Jondahl led the Warriors with a 9.500 while Melanee Pfautz added a 9.275. Brooke Baures (9.250), Sabrina Hoover (9.225) and Laura Fabian (9.200) also provided counting scores on vault.

The team followed with a 44.400 on bars, highlighted by Anna Gleason's 9.150 and a 9.075 by Jondahl.

Winona State ended the meet on beam, scoring a 45.775 on the apparatus. Baures led the way for the Warriors with a 9.475 while Kimberly Miske had a 9.225. Hoover (9.150) and Jondahl (9.100) also scored

higher than a 9.0.

Jondahl placed third in the all-around with a score of 36.850.

Jondahl won two event titles and the all-around as Winona State beat Wisconsin-Oshkosh 181.775-177.425 Tuesday night in the Warriors' home finale.

The Warriors began the meet with a strong showing on vault, recording a team score of 46.025 on the apparatus. Jondahl claimed the event title with a 9.475 while Laura Fabian added a 9.400. Katie Seehusen (9.125) and Melanee Pfautz (9.050) each bettered the 9.0 mark. Wisconsin-Oshkosh

began the meet with a 42.950 on bars.

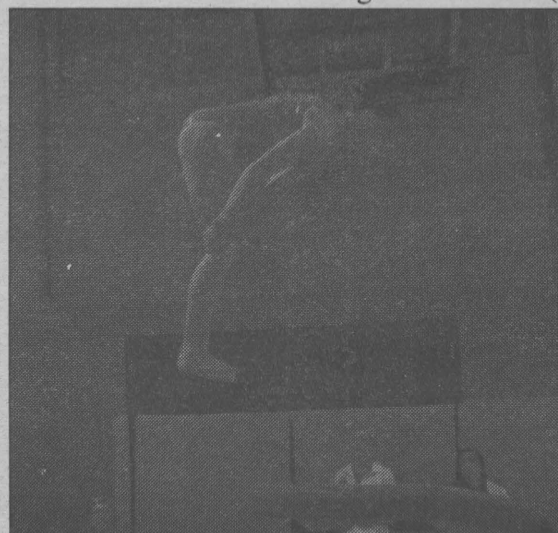
Winona State followed with a 43.850 on bars in the second rotation to move its overall lead to 89.875-87.725 at the midway point. Gleason led the Warriors with an 8.925.

Winona State began the second half of the meet with a 45.500 on beam. Jondahl claimed her second event title of the night with a 9.225 while Baures added a 9.200 to place second. Hannah Krzmarzick also contributed a 9.150 to the Warrior score. The Warriors extended their advantage to 135.375-133.200 during the rotation.

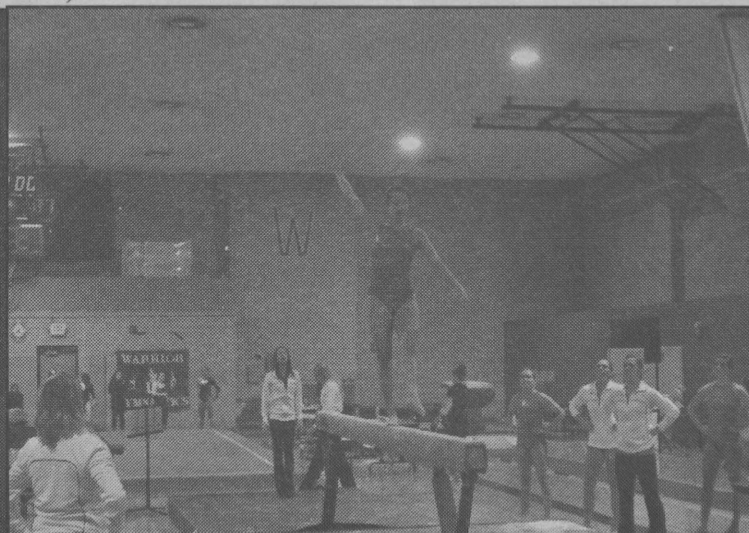
The Warriors closed out the meet with a season-high 46.400 on floor. Samantha Williams, Hoover and Jondahl paced Winona State with a 9.300 while Chelsea Lindeman added a 9.275.

Winona State will be back in action on Feb. 11 when it competes in the Best of Minnesota meet at the University of Minnesota.

For more information, please visit www.winonastatewarriors.com



Michael Ruka/Winonan



Michael Ruka/Winonan



Michael Ruka/Winonan

Warrior gymnasts perform well at the last home meet of the season en route to a first place finish against UW-Oshkosh.

Athlete of the Issue

Name: Chelsea Lindeman
Sport: Gymnastics
Events: Beam, Floor
Year in School: Senior
High School: St. Francis High School
Hometown: Cedar, Minnesota
Parents: Butch and Kim Lindeman

Major: Physical and Health Education with a DAPE minor

Why did you decide to play a sport outside of high school? I wanted to continue doing gymnastics after high school because of my love and passion for the sport, I just wasn't ready to give all that up.

Most challenging part of the sport? It takes an incredible amount of mental toughness and discipline to be a gymnast.

Accomplishments as college athlete? T42nd NCGA 9.200, 30th WIAC Floor 9.150; Beam 8.100, Floor 9.300.

What do you do outside of school and sports: I love camping, hanging out with friends, shopping, being outside.

Something others may not know about you: I love cats.

Plans after graduation? I'm hoping to go on the Pacific Challenge to New Zealand and Australia before I graduate and hope to get a job teaching when I return.

If you could meet anyone (past or present) who would it be? Why? I would love to meet Jennifer Aniston because I think she is an incredible actress and I have so many questions I would like to ask her.

Role Model? Why? An old teammate nicknamed "Simba" because she is an amazingly hard worker and she has had to overcome just about every obstacle in the book throughout her gymnastics career and she has done it all without a negative word and with a smile on her face.



Interview By: Matt Shalbrack/Winonan

Photos Contributed By: Michael Ruka/Winona Athletic Department

Warrior basketball has big wins in both games, now 21-2 overall this season

Erin Cochran
Winonan

The Winona State Warriors men's basketball team, now No. 4 in the nation, continued on their winning streak with a 84-74 win against No. 20 St. Cloud State University on Friday and a 95-45 victory against the Concordia-St. Paul Golden Bears on Saturday.

The Warrior defense started out on fire for both games, only allowing St. Cloud to shoot 55 percent from the floor and held Concordia-St. Paul to an impressive 24 percent shooting percentage from the floor.

The win on Friday solidified

the eighth consecutive year that Winona State has won at least 20 games.

However, Friday was a much closer game than the Saturday game; the Huskies were up by four with only 3:57 left in the game.

The Warriors weren't discouraged. Five free throws led the Warriors to widen the point margin in the final minute.

The first half alone on Saturday gave the men a 41-18 lead. The final score of 95-45 gave the Warriors and a 50-point margin lead, the largest point gap of the season.

There were some clear

standouts this weekend. Junior Zander Culver made a three-pointer with under a minute left on the clock on Saturday while junior center Clayton Vette led the team with 21 points on 9-of-11 shooting from the floor on Friday.

Senior guard Jon Walburg emerged from the bench to score 14 points and grab four boards.

Walburg has continued to impress since he's been with the Warrior basketball team since 2009. He was one of only two players to play in all 30 games in the 2009-2010 season as well as last season.

He is known to have a

dynamite presence on the floor especially in times of tough competition like the Northern Sun Intercollegiate Conference Tournament where he averaged 14.7 points.

Sophomore guard Taylor Cameron played hard, scoring 21 points on Friday and eight points on Saturday.

Cameron also dished out seven assists both games. Cameron has continually impressed with each game since last season.

As a freshman, he saw action in 24 games scoring a high eight points against the University of Minnesota Duluth Bulldogs on Dec. 10.

With the streak the team has been going on, they are a top contender to be in the tournament but how far they go will be up to their continued determination towards excellence.

For more information on Winona State men's basketball, visit www.winonastatewarriors.com.

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Warriors now 14-9 overall this season after going 1-1 in games this weekend

Alyssa Griffith
Winonan

The Warriors added one loss and one victory to their record this weekend, as they head into the final three weeks of play.

Winona State took on St. Cloud Friday night, where their attempt to come back in the second half fell short, resulting in a 59-53 loss.

Michelle McDonald was credited with another double-double, her first being last weekend against Southwest Minnesota State.

Down 10 points in the last 10 minutes of play, Winona State brought themselves within three with only 22 seconds left.

The Warriors held a five-point advantage over St. Cloud State in the first half, but couldn't hold off St. Cloud as they came back with a 7-2 run and took the lead.

St. Cloud held a four-point lead over the Warriors at the half, and led by as many as 11 points in the second.

"We have been scoring a lot on the outside the past few games and they weren't giving us a chance to do so," Michelle Tobin said.

McDonald added 16 of her 21 points during the second half, helping the Warriors in their bid to come back from behind.

Winona State came within one point of SCSU twice during the game, but couldn't get ahead.

"We had some trouble handling the pressure this time and had some poor turnovers," Tobin said. "We had many chances to get ourselves back into the game but couldn't execute at the end."

Marieanna Dulas was credited with nine points,

four rebounds and three assists against St. Cloud, with teammates Katie Wolff and Tobin adding seven points each.

In her fifth consecutive game of adding six or more boards, Tobin recorded eight rebounds Friday night.

As there are only a handful of games left in the season, each team stresses the importance of winning every game.

"These are important games for them too," Head Coach Scott Ballard said. "They're trying to work themselves into the conference tournament, and we're trying to work ourselves up the ladder in the standings and try to position ourselves where we have a chance to play and finish in the top four and play at home in the playoffs."

Winona State pulled through a slow start on Saturday to defeat Concordia-St. Paul, 60-

52.

McDonald made an impression by recording her third consecutive double-double, and scoring 14 points and 11 rebounds.

Six Warriors scored at least seven points despite their slow offensive start.

Winona State fell behind 16-2 after only six minutes of play, but soon pulled themselves back in, with a 25-10 run.

Dulas recorded two treys, and Tobin scored seven points in the first half, leading the Warriors on a 15-3 run during the last six minutes of the first half.

Concordia came as close as two points with over four minutes to play, but the Warriors kept the lead throughout.

Becca Friestleben added ten points to Winona State's total with six rebounds, while Wolff

was credited with nine points and passing out seven assists. Dulas and Catie Zepczk each recorded eight points for the Warriors.

The Warriors continue to focus on one game at a time.

"All we can control is ourselves and who we play against," Ballard said. "You can't worry about anything else—you can't look too far ahead or you won't be prepared for the team you're about to play."

The Warriors, now 14-9 overall and 9-8 in Northern Sun Intercollegiate Conference play, host Upper Iowa on Saturday Feb. 11 at 5 p.m.

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Like Sports? Me too! Like to write? Me too! Want to write for the Winonan? I think you do!

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Warriors top Oshkosh at home gymnastics meet



Michael Ruka/Winonan